

## NRF MODULE POST-TEST

Name\_\_\_\_\_

Agency\_\_\_\_\_

Date\_\_\_\_\_

Grade\_\_\_\_\_

You have now completed the NRF Module. It is time to see if you can apply the information that you have learned. The post-test has 4 case studies followed by a series of questions. The case studies provide you with a short description, a nutrition questionnaire that needs to be completed, growth charts (when applicable) and 24-hour food recall (when appropriate). You need to determine all objective and subjective risk factors for each case, as well as priority and level of risk. When you have completed the case studies go on to the questions at the end of the post-test. Much luck and success!

**Case Study #1.** Diane Reams is a 28 year old pregnant woman. This is her certification visit. Here is the information that you gather today:

- hematocrit 32% (5200 feet elevation)
- current weight 222 pounds
- 23 weeks gestation
- lives in a shelter for homeless families
- nutrition questionnaire
- 24 hour food recall
- prenatal weight gain grid

**Complete the nutrition questionnaire** and then fill in the box below listing all objective and subjective risk factors. There are 8 NRFs that apply.

Answers (List the 8 NRFs that apply):

	Priority	Risk

What is her priority?\_\_\_\_\_ What is her risk?\_\_\_\_\_

At a follow up visit 6 weeks later Diane's weight was 233# (29 weeks gestation). Should she be assigned the mid-cert risk factor NRF# 77 MC- High Maternal Weight Gain?

A. Yes            B. No

What is the maximum amount of weight she could have gained during this period without being eligible for NRF# 77?

**Case Study #2.** Tiffany Stewart is a 23 year old breastfeeding woman. This is a certification visit. You gather the following information about her today:

- hematocrit 36% (5200 feet elevation)
- current weight 113 pounds
- height 5 feet 7 inches
- pregravid weight 110 pounds
- today she has a bad case of bronchiolitis (though has been otherwise healthy for the last year)
- 2 years ago she had a miscarriage at 22 weeks gestation
- current BMI = 17.81
- nutrition questionnaire
- 24 hour food recall

**Complete the nutrition questionnaire** and then fill in the box below listing all objective and subjective risk factors. There are 8 NRFs that apply.

Answers (List the 8 NRFs that apply):

	Priority	Risk

What is her priority?\_\_\_\_\_ What is her risk?\_\_\_\_\_

**Case Study #3.** Ashley Stewart is the 3 week old breastfeeding daughter of Tiffany in the question above. This is her certification visit at WIC. You gather the following information about her today:

- current weight 5 pounds 9 ounces
- current length 18 inches
- nutrition questionnaire
- growth grid

**Complete the nutrition questionnaire** and then fill in the box below listing all objective and subjective risk factors. There are 7 NRFs that apply.

Answers (List the 7 NRFs that apply):

	Priority	Risk

What is her priority?\_\_\_\_\_ What is her risk?\_\_\_\_\_

At 5 weeks of age Ashley returns to the WIC clinic with her mother. At 5 weeks of age Ashley weighs 6 pounds 11 ounces and her length is 18 1/2 inches. Should she be assigned one of the mid-cert risk factors for inadequate growth?

- A. NRF# MC-08 Inadequate or Potentially Inadequate Growth (LR)
- B. NRF# MC-09 Inadequate or Potentially Inadequate Growth (MR)
- C. NRF# MC-10 Inadequate or Potentially Inadequate Growth (HR)
- D. None of the above apply

Explain how you got your answer:

What is the minimal expected weight gain for Ashley during the period from birth to 5 weeks of age?

**Case Study #4.** Brandon Fischer is a 16 month old child. This is his certification visit. You gather the following information about him today:

- current weight 23 pounds
- current length 31 3/4 inches
- hematocrit 36% (5200 feet)
- nutrition questionnaire
- 24 hour food recall
- growth grid

**Complete the nutrition questionnaire** and then fill in the box below listing all objective and subjective risk factors. There are 4 NRFs that apply.

Answers (List the 4 NRFs that apply):

	Priority	Risk

What is his priority?\_\_\_\_\_ What is his risk?\_\_\_\_\_

At 22 months of age Brandon returns to the WIC clinic with his mother for a recertification visit.

At 22 months of age Brandon weighs 23 pounds 12 ounces and his length is 33 3/4 inches.

Should he be assigned one of the risk factors for inadequate growth?

- A. NRF# 25 Inadequate or Potentially Inadequate Growth (LR)
- B. NRF# 26 Inadequate or Potentially Inadequate Growth (MR)
- C. NRF# 27 Inadequate or Potentially Inadequate Growth (HR)
- D. None of the above apply

What is the minimal expected weight gain for Brandon during the period from 16 months to 22 months of age?

Why could Brandon not be assigned NRF 25, 26 or 27 at his certification visit when he was 16 months old?

General Questions:

1. On which screen of the ASPENS system do you record that a person is homeless or migrant?
2. Does the nutrition questionnaire ask if a person is homeless or a migrant?
3. A participant writes on her nutrition questionnaire that she has food allergies. Before you can assign this as a nutrition risk factor (NRF# HL) what must you do?
4. A child has been living in a foster home for 16 months at the time of her WIC certification visit. Can she be assigned NRF# 94 Foster Care? Why or why not?
5. During a certification visit of a 6 month old infant you see the following on the infant's nutrition questionnaire. Should you assign NRF# 82?

A. Yes                      B. No  
Explain your answer:

6. During a certification visit of a 25 month old child you see the following on the child's nutrition questionnaire. Should you assign NRF# 82?

A. Yes                      B. No  
Explain your answer:

7. During a certification visit of a 3 year old child you notice that the child's mother has listed on the nutrition questionnaire that the child has asthma. What information do you need to verify before you can assign a nutrition risk factor for asthma?

If this was an initial certification visit for this child and the child met the criteria for having

asthma as a medical condition would you mark NRF# HV or MV? Explain your answer.

8. A breastfeeding, postpartum women marks the following on her nutrition questionnaire. She tells you that she started taking the zinc supplement after the clerk at her local health food store told her that it would help with sore nipples. Should you assign NRF# 91?

A. Yes

B. No

Explain your answer

9. You see an eight month old infant for a follow up visit. Mom indicates that the infant does not finger feed himself. What risk factor would you assign for this condition (Caution: remember this is a follow up visit).

10. A mother reports to you that she feeds her infant (11 months old) chocolate milk mixed with formula in a bottle. She puts the infant to bed with the bottle. The infant usually does not finish the bottle before falling asleep. Mom says the infant often wakes up during the night and finishes the bottle that is lying in his bed. If the infant was being certified at this time what 4 different NRFs should be assigned to this infant based on the above information? What are the 4 NRFs and explain why each one applies?

1.

2.

3.

4.